5-20-09

SPRING DANCE
Annual Concert

Valley College Dance Production Class Perform Twice In Main Theater
Gallery | Pg. 8

LOS ANGELES VALLEY COLLEGE'S
VALLEY STAR
THE INDEPENDENT STUDENT NEWSPAPER

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Don't Ask Don't Tell
Discussing current laws on homosexuality within the Armed Forces.
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Last Club Day of the Spring
Students mingle in Monarch Square during final gathering of the semester.
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Well-known football players make their mark on Valley.
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VOLUME 70, ISSUE NO. 9 | LAVALLEYSTAR.COM | MAY 20, 2009

KLARA MILLER, CHIEF PHOTOGRAPHER / VALLEY STAR

CLUB FUN - Students take part in Club Day in Monarch Square Wednesday. LAVC has many diverse clubs that students can join. For full story, see Valley Life, page 4.

More Cuts Imminent

■ **Valley to endure an additional ten percent cut, minimum.**

ROBERT R. KING
STAFF WRITER

Valley College students may notice trash cans are waiting to be emptied a little longer these days, due to cutbacks around campus that will continue to deepen into next semester.

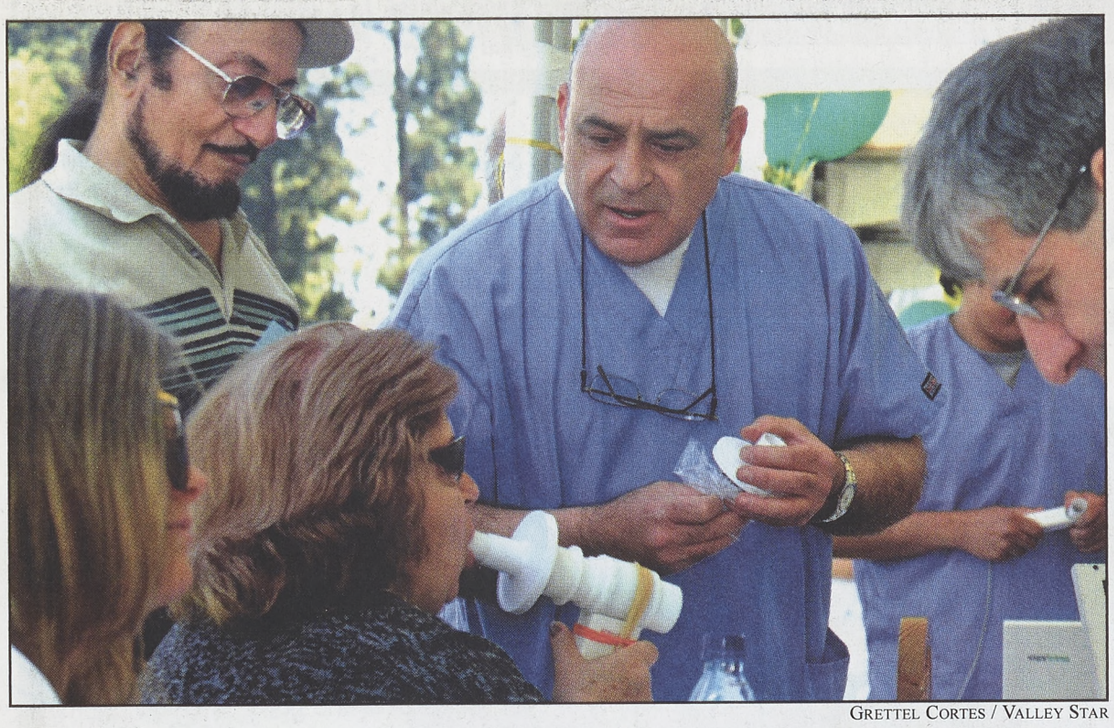
Despite the cuts that have already been made, Valley's administration will need to make further cuts in the fall, due to a lack of funding from the state and an existing budget deficit.

"We're going to take an additional hit for somewhere between $2-4 million for this college alone (next year)," said Vice President of Academic Affairs, Sandy Mayo, at a recent meeting of the Departmental Council. "That means we're going to have to do, at the very least, another ten percent cut for fall."

Mayo laid out the situation to faculty leaders at the meeting,

see ***Budget*** page 2

Formula to Good Health Presented During Fair



GRETTEL CORTES / VALLEY STAR

BREATHE RIGHT - Respiratory Therapy student, Khachik Minasyan explains how to use the breath machine during Valley's Health Fair. Balancing stressful school schedules and healthy living was a key topic.

ASTRID SEIPELT
MANAGING EDITOR

Balancing an equation is not something anyone enjoys doing, nor does it seem easy. However, discovering the balance between the stress of school and the principles of healthy living is something that everyone on campus can work out.

The Valley College Student Health Center held its annual Health Fair May 13 in Monarch Square, with the theme "Mind + Body + Soul: Find the Equation to Good Health." High temperatures did no deter more than 150 students from working up a sweat and discovering more about issues such as obesity, dental health, sexually transmitted diseases and domestic violence.

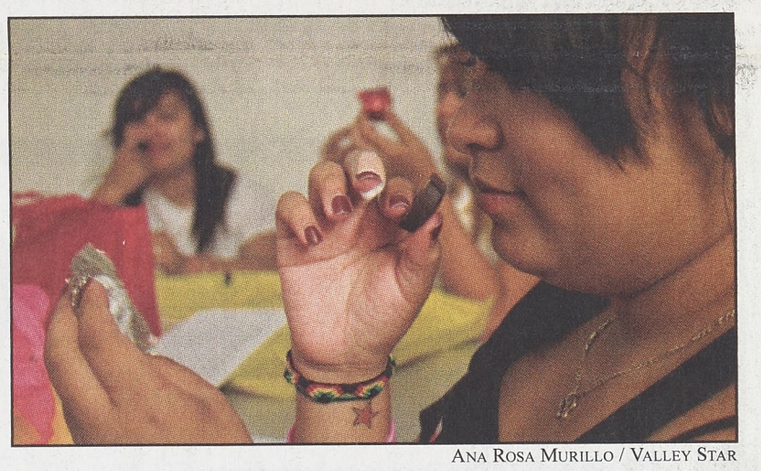
"We are out here to inspire people to move and exercise and get healthy, because a lot of chronic diseases are related to inactivity," said Patty Melody, a Valley physical education instructor. "Only about 15 percent of the U.S. population exercises on a regular basis…We live in an environment when we work more than eight hours a day."

Valley nursing students manned many of the booths, willing to share information ranging from common sense cold and flu prevention to disease prevention. Nursing student Nicole Beis said that with finals coming up, students should be aware of their body and make sure they are well rested, hydrated and fed, as stress can lead to illness. As colds and flu are year-roud illnesses, cleanliness is another key point.

"…Wash your hands…That goes for any kind of cold and flu," said Beis.

Brooke Hailey from the New Directions Eating Disorder Center came to the fair with the goal of informing students that

see ***Health*** page 2



ANA ROSA MURILLO / VALLEY STAR

STRESS MANAGEMENT TECHNIQUES- Students savor chocolate treats during the stress management workshop last week.

Sweet Taste to Mindfulness

■ **Chocolate on offer during workshop.**

IVAN ZUNIGA
STAFF WRITER

"Mindfulness, Chocolate and Stress Management" adorns the Powerpoint presentation board in the center of the Fireside Room, surrounded by food and treats. The words are the title and theme of the workshop held Wednesday, which coincided with the Valley College Health Fair.

The workshop, sponsored by the Student Health Center, was intended to inform students about stress management. Tips on maintaining a stress-free schedule and enhancing relaxation were the key topics.

Marriage and Family Therapist, Diane R. Gehart, spoke during the event about how stress can be managed with the use of "mindfulness." Gehart, who is also a California State University Northridge professor, explained that mindfulness is one of the ways to increase your tendency for a positive mood and overall acceptance related to dis-

see ***Stress*** page 2

ASU Holds No-Shows Accountable For Fees

SHARON HARDWICK
STAFF WRITER

The Associated Student Union voted unanimously to hold the seven students who did not show up to the spring education rally in Sacramento, or inform anyone of their absence, accountable. The executive council on Tuesday decided to offer two options for debt repayments: a payment of $90.50 – half the cost of the round-trip ticket - or arrange to complete 10 hours community service through the Student Services office. by the end of the summer.

The consequence of not participating in the repayment program would make these students ineligible to register for classes and place a hold on their transcript.

Neither Valley College President Sue Carleo nor Vice President of Student Services Yasmin Delahoussaye could comment on whether the ASU had the power to implement their restitution plan.

According to President Josh Wible, students who attended the rally signed a contract stating that if they ended up not going, they would repay the cost of the ticket, or $181.

"It's a general policy to cover the trips we take," said Wible. "But what we needed to do was step back [and address this] specific situation. The policy is not to prevent people from going to school," but to ensure students didn't skip out on their tab.

Wible believes the final arrangement holds students responsible without making the consequences punitive. While Wible said the students who did not attend the rally were not taking anyone else's place, some members of the executive council felt this didn't matter.

More than 5,000 students participated in the "March in March: Rescue Education" rally in Sacramento earlier this year. The rally was organized to give a voice to community colleges statewide that objected to proposed cuts to education.

Students Feel Economy Spending Pressure

ASTRID SEIPELT
MANAGING EDITOR

Retailers are now so desperate to separate shoppers from their cash that it is common to see signs like "T-shirts are good for the economy!" hanging in shop windows. It is clear that everyone is feeling the pinch of the slowing economy, and it can be hard for consumers to decide to continue spending as normal, or to keep their wallets in their pockets.

According to a recent article in the New York Times, department stores such as Macy's and J.C. Penney have been the hardest hit by a drop in spending on nonessential items. To counteract this, J.C. Penney is "opening fewer stores and reducing its inventory." Valley College student Patrick Thompson has experienced such a drop firsthand in his job at a national clothing retailer.

"We'll have days when we are supposed to [make the daily revenue goal] and we have not a lot of the time," said Thompson. "We do occasionally, on the weekends it still gets kind of busy. But the mall itself closes a half hour earlier…Which is a big deal, you know?"

Overall, Thompson noted that while his spending had not been impacted too much, he does "think about necessity" and avoids treating himself to luxuries.

Ecrument Aksoy, a Valley economics professor, says the automatic reaction of consumers to slow their spending can help contribute to a further economic slump.

"During the time of recession,

see ***Economy*** page 2

SCOTT MITCHELL / VALLEY STAR

CHOIR TIME - Dr. Michael H. Arshagouni conducting the LAVC Philharmonic Choir at the "Destinations" benefit concert and Choral Scholarship Awards on Sunday.

'Health'

continued from page 1

there is treatment available off campus for those who have to work around a college schedule.

"When you start college, you are often starting adult life, and there are a lot of stresses and it can be extremely overwhelming," said Hailey. "An eating disorder can serve to give someone a sense of control…Even though really, they are more out of control by doing this."

Nursing students Sonia Daggett and Elizabeth Shaw were busy sharing information about the dangers of energy drinks with fellow students, saying that many people do not realize the after effects.

"A lot of college students are drinking two or three cans just to get through the day, they don't know the damage that it causes," said Daggett. "They can elevate your blood pressure and your heart rate…But, they reach for them because it is easy."

The continued use of energy drinks can also cause physical dependence, dehydration and seizures, according to the information sheet they were handing to students.

Sonia Almanza thoroughly explored the fair and was in line to have her body fat measured. Almanza, who is due to give birth in August, was interested to see how much her body had changed since the last health fair.

"Health is really important to people in college to keep in mind," said Almanza. "The days I'm not at school, I can wake up and study all day until I go to sleep, that doesn't give me much time…It can be easy to let your health slip when you're busy and stressed.

'Budget'

continued from page 1

describing how state six ballot propositions, 1A-F, could affect the school. The referendums were put forth by the state legislature in February and will have a large role in deciding budget cuts for the state's community colleges.

Valley President Sue Carleo said the figures mentioned at the meeting represent the minimum amount that will be cut by the state and if all the propositions fail that number could be $9 million. She also expressed that is not the college's only budgetary disparity.

"We also have a $3.5 million shortfall between the existing 2009-2010 allocation and our budget (because of past issues)," said Carleo. "Our school's budget is about $53 million total so with the state's cuts and the existing deficit, 10 percent cuts are the best case scenario."

Carleo and other administration officials said the existing debt occurred because past Valley administrations did not attain benchmarks set by the district and state. That caused an over-appropriation of funds spanning three years earlier this decade, and the school must now repay the extra money.

According to the Legislative Analyst's Office, many of the budget proposals rely on others to pass to be effective and the effect of Tuesday's election remains unclear.

Carleo and district officials are currently meeting with the LACCD Budget Committee to discuss the fallout of last night's elections. State officials are meeting in Sacramento and the Governor is scheduled to release a new May Revise proposal to the legislature on May 28, because California still faces at least a $15 billion shortfall.

'Stress'

continued from page 1

orders including anxiety and panic attacks.

"Mindfulness focuses in your breath as you quiet your mind and other things while observing yourself and not beating yourself up," said Gehart.

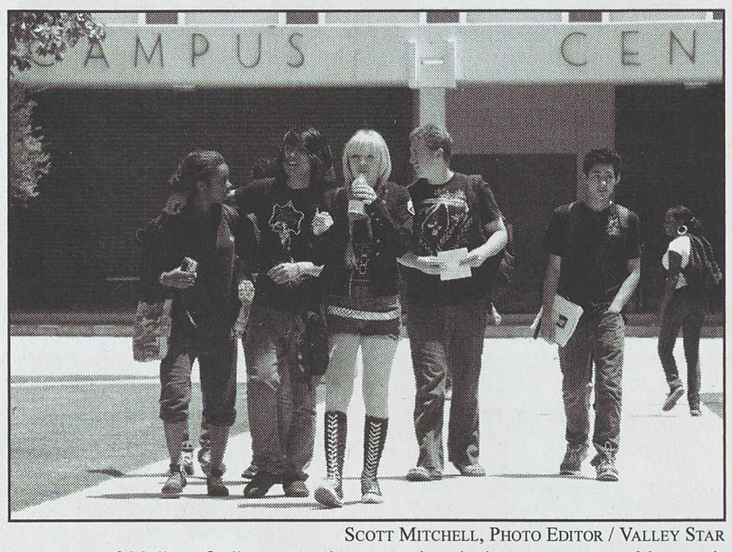
The three main components she showed to students consisted of "Present Moment Experiencing," "Non Judgmental Experience" and "Process of Compassionate Observing." These are non-technical terms that develop an increase in relaxation, which results in physical and mental health benefits.

"Chocolate Meditation" was another key technique she shared with approximately 60 students in attendance. Pieces of dark chocolate were passed out as Gehart slowly showed the group how to enjoy the experience of eating chocolate as a stress reducer.

"This was a blessing, it's just what I've been looking for," said Valley student Shannon Douglas. "I hope to be one her clients soon."

Gerhart said she uses the techniques with her students to help them deal with stress. She recommends "sneaking mindfulness into your everyday life," to help remain in control of your life and schedule.

WALK THIS WAY



SCOTT MITCHELL, PHOTO EDITOR / VALLEY STAR

A group of Valley College students make their way across Monarch Square, trying to keep cool during one of the hottest days of spring.

'Economy'

continued from page 1

people's expectations are negatively affected," Aksoy said. "Their initial reaction is to cut expenditure, run down their debt, cut out non-essential spending, and save. Which makes the problem even worse, any time you have a recession, you want people spending."

Advertising has also made changes in the face of a slowing economy. Rather than encouraging buyers to simply spend, they now purport to offer value for money. Department stores such as J.C. Penney now extol the high quality of their lower priced garments, and car manufacturers heavily advertise payment protection, in case their new car buyers lose their jobs.

While Americans still flock to malls in search of a fiscal fix, thoughts of what will come in the future weigh on their minds.

"The only reason I was shopping today was because I was looking for a graduation dress," said CSUN student Daisy Lopez. "I'm currently unemployed and a college student, so I really don't have any money. A year ago, that wasn't so much a concern. I need to know how much I am spending, because when I graduate a job is not guaranteed like it may have been a few years ago."

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Duck And Cover - H1N1 is Coming

ROBERT R. KING
STAFF WRITER

Valley College students who graduate or transfer take history classes where professors teach them about the great moments and mistakes of the past. Many of those instructors will say the aim of learning about the low points is so, "history doesn't repeat itself." However, no matter how much the profs preach, history inevitably repeats itself, such as in the current case of the dreaded swine flu.

"Alert!" "Pandemic!" These headlines are everywhere. Since late April, the world's airwaves and online message boards have been filled with half-informed stories about the virus that's going to kill us all - H1N1, more commonly known as swine flu.

The Japanese women's soccer team canceled a three-game tour of the U.S. and Canada because three Japanese citizens returned from a vacation to Canada with swine flu, reported CBSSports.com. According to huffingtonpost.com, Egypt began slaughtering more than 300,000 pigs, even though there is no evidence pointing to the pigs transmitting the virus to humans.

These are extreme steps for something that's not that bad. Many people are pointing to flu outbreaks in the 1910s and 1930s, when tens of millions of people died worldwide. Instead, considering the advancements in medical techniques and technology in the last 80 to 90 years, more recent history might be a good place to start searching for some answers about H1N1.

Way back in ancient times (2003) the world was gripped in a panic about Severe Acute Respiratory Syndrome (SARS). After months of panic, the frenzy died down and in the end, the World Health Organization reported only about 8,000 cases of SARS, with about 770 deaths.

Then, in 2004 and 2005, the world was once again stricken with fear from the H5N1 virus, or avian flu. Birds were getting sick but then the virus started popping up in humans. Not surprisingly, the bird flu did not wipe us out. To date, WHO reported about 200 cases of avian flu in humans.

Similarly, as of last Saturday, W.H.O. reported 8,451 cases of H1N1 in 36 countries with 66 deaths as a result. Not to make light of those who have died from these viruses, but the media have blown this way out of proportion. Numerous print and broadcast sources shouted that the human species could be wiped out, without sufficient evidence to support those claims. Saying this is threatening life as we know it when less than .00001 percent of the world's population is infected might be irresponsible, but ratings are up, just in time for May Sweeps.

Common sense, as always, should prevail in these situations. Don't sneeze on others. Don't lick dirty surfaces. Don't French kiss a sick person, and most importantly, wash your hands - often. If you do get sick, do your best to seek out medical assistance.

If people let practicality dictate instead of the news ticker, maybe history won't repeat itself.

EDUARDO HERRERA / VALLEY STAR

Honesty is Always the Best Policy?

■ The removal of "Don't ask, don't tell" would be hypocritical and unfair.

SARAH KNOWLES
NEWS EDITOR

The army is well known for its "man's man" mentality, and the "Don't ask, don't tell" policy that is currently used within the armed forces fits perfectly within this image. The very thought of removing this concept is not only hypocritical in the biggest sense of the word, but will cause much more trouble than good.

The act prohibits a homosexual or bisexual person from discussing their sexual preference or from speaking or acting upon any such relationships, according to the act, stated in the 1993 United States Code of the Armed Forces.

This issue is not about discrimination, nor homophobia. It is a simple equation of logic and fairness. Sexual tension occurs in many settings, and the United States has laws to conquer this, such as male and female restrooms, changing rooms and showers. The need for such boundaries is obvious, yet when it comes to those of a separate sexual preference, we are pressured to ignore the laws of human nature, in order to appear "politically correct" and non-discriminatory.

Such a law is hypocritical and ridiculous – the country holds onto the word "change" through the new president, yet all we continue to do is step back, as we put forth more and more division between "straight" and "gay" – if we are to be treated equally, then we must do so in every sense.

"It's not as if every gay man is going to jump on every straight man in the trenches," said student Tim Meloeny.

Meloeny's perspective seems to be the opinion of many pushing the law to be passed, however, it makes no sense and is not a valid argument. If such a law were to pass, it would be equal to men showering with women; something even the most liberal of audiences would see problems with. No, this does not mean every man would attack every woman in such a situation, however, it is unfair to put either party in such a situation, where tensions can arise and possibly be acted upon.

While the "fair but not equal" mentality raises its ugly head during this matter, the safety issues are also important. Sadly, homophobia exists within the United States, one could argue even more so in the armed forces. The change in law would put homosexuals at risk of abuse and attacks that never needed to be present. The distraction from the actual job these men and women are doing could also result in injury.

The change in law would be nothing but a foolish statement to prove that we are not a homophobic nation, however, in passing something so hypocritical we draw more discriminatory lines for everyone else.

■ It is time for the "Don't ask, don't tell" policy to be abolished.

ASTRID SEIPELT
MANAGING EDITOR

We have a policy of enforced silence in this nation in which decent men and women are forced to deny a part of them in order to serve in the military. It's name is 'Don't ask, don't tell," in which homosexuals serving in the name of the country cannot be honest about their sexual orientaion. If they were to be 'out' about their homosexuality, they face expulsion from their rank, or outright denial from serving. It is a behind-the-times policy in desperate need of abolition.

The "Don't ask, don't tell" policy was originally enacted in 1993, and stops anyone who "demonstrate(s) a propensity or intent to engage in homosexual acts" from serving in the armed forces of the United States. It suggests that homosexuals "would create an unacceptable risk to the high standards of morale, good order and discipline, and unit cohesion that are the essence of military capability."

It takes a fairly high-functioning brain to wrap your head around just how being gay is an 'unacceptable risk" to good order and discipline. Are military leaders scared that all gay men will try and sodomize members of their unit while on duty? Will lesbians be more interested in trying to pick up other women while at work? This may sound crude, but this is what it amounts to. This policy borders on ridiculousness.

There has been a recent push to have "Don't ask, don't tell" repealed, with men from within military ranks voicing their support.

"Most people opposed to a repeal of "don't ask, don't tell" are delaying a decision by saying that the integration of openly gay soldiers is too difficult to do; but in reality, it's pretty simple," said former Army Captian Jon Solz on NYtimes.com. "This isn't like integrating blacks and whites after World War II. We aren't integrating anyone here. We are just allowing gays and lesbians in these units to stay."

According to a July 2008 article in the Los Angeles Times, a study by UC Santa Barbara found that gay servicemen had little effect in other countries, pointing to "the British and Israeli armed forces, where it says gay people serve openly without hurting the effectiveness of combat operations." This in itself should tell the U.S. Armed Forces something.

Please, President Obama, start the process of overturning this useless policy. Far too many good men and women are suffering for it, and we should not let stigma and ignorance get in the way of serving this country.

CAMPUS VIEW:

Photos by Gretel Cortes / Valley Star

Do you think Obama should release or withhold photographs of torture?

"Why would you want to release pictures of torture in the first place? I don't think that's a way of even letting us know what's going on with torture."

- Leon Sanchez
undecided

"He's not fulfilling his promises. If it's not politically gainful for him to release these photos, he's not going to do it."

- Curt Huber
biological medicine

"It's very intelligent that he doesn't release [them]... Our military people... don't deserve to get treated in a negative way."

- Cristina Serrato
journalism

"He should release them. He made a promise… It's going to stir up controversy depending on what they're doing and how they're torturing them."

- Paige Hunter
business

Letter to the Editor

■ RE: Valley Students Have No Reason to Care

Last week's article by News Editor Sarah Knowles was the most abrasive thing I have read since Glen (sic) Beck compared President Obama to Hitler. Her opening paragraph mentioned that "most of us don't care enough to attend, nor have any reason to do so." First of all, if you decide to make a statement that bold, make sure you speak for "most of us" which you don't.

"Commencement is only the final disappointment in a long line of insignificant moments of community college education." It is extremely sad to see that your education is insignificant to you since more than likely you are probably one of those students that most likely need this education anyway. Keep in mind I said education not degree. Maybe someday you will understand the difference.

Community college provides students with the platform to make significant improvements in our lives. Not only does it provide us with an affordable way to reach a higher echelon of education and achieve our academic goals, it is a stepping stone and a utility that most of us need in these uncertain economic times. Step outside your Starbucks sipping comfort zone and you will notice that most students here are immigrants, international students, low income, and or first generation college students. We have many responsibilities and hopes riding on our shoulders. We have made our family, friends and our community proud by achieving what you deem as an insignificant moment. From poor immigrants to single mothers to international students who pay over a thousand dollars a semester, we are greatly affected and care more than you can imagine about our community college education. I am very grateful to be a part of this educational system and we are living proof that all the things you have said in your article are irrelevant at best and immature at worst, which again makes me reiterate that you are the one that most likely needs the education. Of course, these are "my" views and more than likely, you should have stated that explicitly in your article too. Semper Fi.

-Rahul Singh
Commencement Speaker
L.A. Valley College

- For more Letters to the Editor, see www.lavalleystar.com

TELL US WHAT YOU THINK

Send letters to the editor to thevalleystar@yahoo.com. Letters must be limited to 300 words and can be edited for publication. A full name and contact information must be supplied in order to be printed. Letters must be received by Thursday to be included in the next edition.

Disney Illustrates A Sexist Image

SASHA SANTACRUZ
VALLEY LIFE EDITOR

For more than 50 years the Disney Corporation has released animated films that we believe are a mechanism to teach children different ethnic backgrounds, manners and cultures. Instead of doing just that, the creator of this "Magical World of Disney," has instilled sexism and inexcusable images.

According to the website www.corporate.disney.go.com, 5 billion hours were spent listening to Disney's radio networks, watching their movies, playing their video games, logging onto their web sites, attending live shows, going on Disney cruises and reading their books, in 2007.

A documentary titled "Mickey Mouse Monopoly" discusses how Disney releases disturbing messages that tell tales about race, gender and abuse, hidden beneath the magic. One example the movie uses is "Beauty and the Beast." In the film, Belle is imprisoned by the Beast where he verbally abuses her, but she withstands it because she believes that she can change him. Children of the age of 9 who viewed the movie were convinced that if Belle was their friend they would be happy for her.

Gender representation has been the same when it comes to the female body in their animated films. Small waist (Jasmine, "Aladdin"), developed breasts (Dolores "Who Framed Roger Rabbit") and alluring body language is always portrayed and it is also found in the animals figure such as the female rabbit from "Bambi." The images being taught are the only traits we will identify as being beautiful.

"We are supposed to be beautiful and keep our mouth shut," said Valley sociology professor Erika Holiday. "Our emphasis in our culture with beauty is spread throughout only to focus on it."

Opening a Disney book can be just as contaminating as the movies. "Polite as a Princess" is a book that teaches young girls how to be polite by using manners. The text used in the book is simple to understand, but not as honest as their illustrations.

A page tells the reader "Ariel never interrupts unless it is an emergency" but the real message is being conveyed through the picture. Ariel is off to the side while two men are in a conversation which truly means that a woman should never interrupt two men in a conversation. Another shows Snow White off to the side with a towel hung over her hand while the seven dwarfs are cleaning themselves. The print reads, "Snow White patiently waits her turn."

As the creator of this mega-corporation, Walt Disney once said "Movies can and do have tremendous influence in shaping young lives in the realm of entertainment towards the ideals and objectives of normal adulthood."

The only way the company is shaping young lives is by perpetuating misogynistic views through their animation for the great joy of bringing in the almighty Mickey Mouse dollar.

LAVC EVENTS

Wednesday, May 20

Mega Job Fair and Community outreach will be held from 9 a.m. – 2 p.m. in Monarch Square. The free event is sponsored by the US Department of Commerce Minority Business Development Agency, the Greater Los Angeles MLK Day to Season of Service Coalition, Wilshire-Metro WorkSource Center, will include vendors, job preparation workshops, a health fair, a book mobile, entertainment, kid's activities and refreshments. Operation Confidence is a non-profit organization for people with disabilities; for ADA accommodation requests contact Operation Confidence at (323) 934-2855. For more information, contact Tony Jaramillo at (818) 947-2941.

Thursday, May 21

The Foundation for Community Colleges and the CollegeBuy purchasing program is holding its third annual College Seen Photo Contest for California community college students. Submissions will be accepted online until June 30, 2009. Students may enter up to six photos—one for each category—for an opportunity to win the grand prize of a $500, an Adobe® Creative Suite® 4 Design Premium and a featured story in Affinity, a magazine for California Community College alumni. For more information and to register, visit www.collegeseen.org.

The End is Just a Beginning for Clubs on Campus

■ **The final club day of the semester tries to recruit students for the fall.**

SASHA SANTACRUZ
VALLEY LIFE EDITOR

ANA ROSA MURILLO / VALLEY STAR

ENVIRONMENTALLY SOUND ADVICE - Aishwary Lyer, President of the environmental club, talks to an valley student about pollution during club day.

The sound of students conversing, laughing and welcoming others to their booth is a familiar scene at Valley College in Monarch Square during Club Day.

A rainbow arched over the Lesbian, Gay, Bisexual, Transgender Questioning Club, as club members scatter Starbursts and Skittles in exchange for donations. The club has created a newer look over the spring semester with community outreach and looks forward to a growth in numbers.

"We volunteered for Project Angel Food," said Club President Candace Cantrell. "It was great. We served food for H.I.V patients."

Raffle tickets were given out to students that were interested in stopping at the Environmental Club booth to help donate to their cause. Prizes included a nature friendly deck of cards, a pair of movie tickets for "Earth," and a reusable water bottle to help eliminate the use of plastic bottles.

The club has hosted many activities this semester, including members helping beautify the college campus on Earth Day. The club will also be hosting a debate on the topic, "Should we ban smoking on campus?" at their next weekly meeting, and plans on addressing concerns revolving the college and in the future.

"We want to take action in getting along with the landscaping department," said club representative Rick Ramirez. "We also want to enforce smoking rules."

A drive to Santa Monica to collect fried and baked chicken and potato wedges to sell is what the Philosophy Club has done since last fall to deliver a satisfying taste to students. They had a table set aside for passers by to take a seat and indulge in a game of chess, or to simply enjoy watching with great tasting food.

"Every time we do this we sell out," said Vice President Marcos Perez. "Everyone wins. People enjoy the food and we make money for our club."

Whether you think you are sane or just plain crazy, the Psychology Club is there to address your issues at their gatherings. The club has broadened their horizons to attract a wide range of students.

"We discuss everyday issues on random topics," said President Nisha Mehdi. "It's kind of like going to therapy."

Recently, the Psychology Club and the L.G.B.T.Q Club collaborated to host an open debate on Proposition 8. Both clubs were able to have their members on either side of the debate and have a discussion.

The spring semester may soon be over, but that doesn't put an end to the effort, devotion and meetings that clubs look forward to for the fall semester.

Mirna Shows Motivation and a Smile

LAUREN LEES
ONLINE EDITOR

Mirna Orellana navigates around campus with a packed class load of 10 units. In class, she sits off to the side, listens and observes, participating every once in a while. Outside of the classroom, she hangs out at the mall, with her family, and has drinks on Friday nights. She's no different from most students here at Valley College, except she has cerebral palsy.

Cerebral palsy is a disability caused from damage to the motor control centers in the brain. It can occur during pregnancy, childbirth, and in the first three years of a child's life. It prohibits movement in Orellana's legs and her left arm. She has an aide to help her get through daily activities and a note taker for her classes.

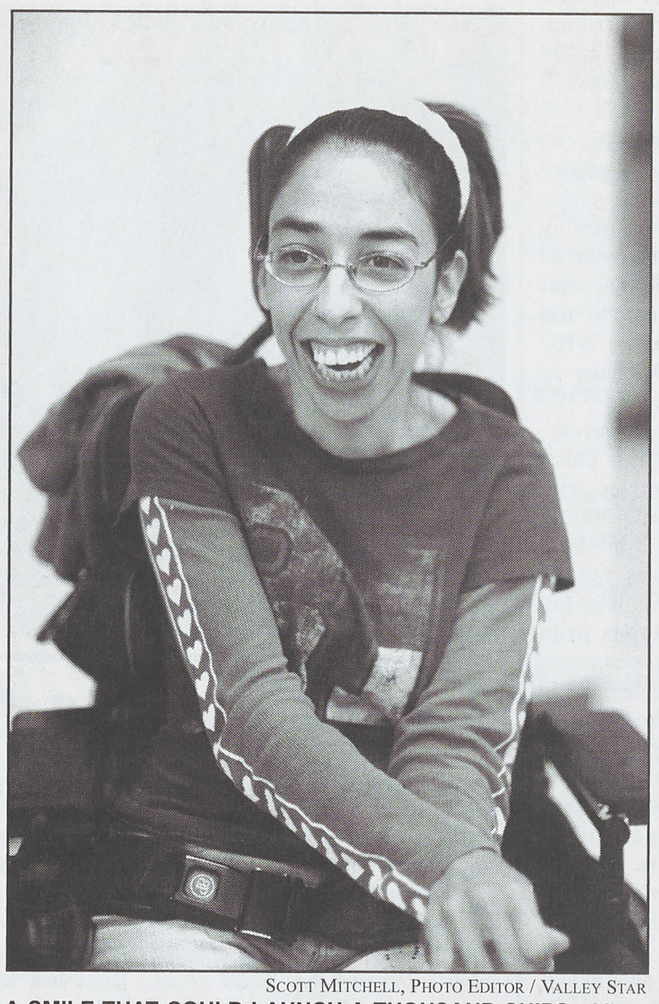
"I was born this way," the 26-year-old said. "When my mom was going into labor I had lack of oxygen and this is what happens. This is a typical case."

Born and raised in the Valley, Orellana moved to Georgia in 1999 and graduated from South Cobb High School in 2000. She could not enroll into any type of higher educational institution, since Georgia's community colleges didn't acknowledge her special education high school diploma.

Not in school, she stayed home, hung out with her boyfriend at the time, and spent a lot of time with her mother. It wasn't a particularly happy time for her, feeling tied down to her home with nothing to do.

"I was sad, bored, depressed," she said. "I felt like I was being discriminated, just because I didn't have a regular diploma I couldn't go to a community college out there. I wanted to pursue my dreams, and I felt like if we didn't move over there I would be what I wanted to be."

Moving back to California in 2007 meant pursuing her education, thanks to the state funded Disabled Students Programs and Services here at Valley. DSPS provides services for students with mental, physical, and learning disabilities.



SCOTT MITCHELL, PHOTO EDITOR / VALLEY STAR

A SMILE THAT COULD LAUNCH A THOUSAND SHIPS - Mirna Orellana flashes a smile as she takes a break in the cafeteria between her classes. Orellana was diagnosed with cerebral palsy at birth, though that does not stop her from reaching her goals.

Their services range from registration, note takers, adaptive physical education classes, and test taking classes. These services allow Orellana to take classes here, as well as the other 700 Valley students DSPS currently works with. Eliza Uzunyan, a DSPS Counselor, works with Orellana and says her tenacious and positive spirit towards education overshadows her disability.

"She's very happy all the time, she'll come in with a smile on her face," said Uzunyan. "She shows you that her disability is not the main thing in her life. She's here, she has a goal, and she's reaching her goal.

Her positive attitude is infectious, as seen in her relationship with her aid Margarita Jackson, whom Orellana received through the Jane Nolen Foundation. Although their relationship only started two weeks ago, it resembles one of sisters, sharing jokes and giggling amongst themselves.

"She's very very happy all the time. I was like 'Why is she so happy?'" she said. "I'll have a crummy day and then I'm like 'Oh she's happy okay, I have to be happy.'"

Orellana is pursuing a degree in sociology and plans on transferring to California State University Northridge. She hopes to land a job working with people who share her life experiences.

"I would like working with people with disabilities," she said. "Or with kids that have multiple disabilities. I love kids."

Using herself as motivation, she continues to zip around campus going to her classes, and getting her education. You'll notice Orellana because of her wheelchair, but after just one conversation you'll remember her because of her smile.

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MOVIE REVIEW

"Angels" are Born Again

JOSH SPENCE
STAFF WRITER

Those who were underwhelmed by the plodding story and lack of action in "The Da Vinci Code" will be surprised to see that "Angels and Demons" is nothing like its predecessor, proving that prodigal sons (Tom Hanks, Ron Howard) do return.

Hanks reprises his role as Harvard Professor of symbology Robert Langdon, as he is recruited by the Vatican to help investigate the abduction of four high-ranking cardinals after the assassination of the Pope by an ancient religious group, the Illuminati.

Director Ron Howard does a terrific job with the pacing and action of the film. Instead of having the plot be told to the audience as we watch Langdon unravel the mystery "Da Vinci," the audience is along for the ride that gives the film a visceral effect while adding suspense. This even keeling of story and action makes "Angels and Demons" a far more interesting cat and mouse chase than the Easter egg hunt in "The Da Vinci Code."

What makes this film good instead of great is the lack of character depth. Hanks plays Langdon's role as well as anyone else could have. There's nothing that truly stands out for the character except that he furthers the story and he's really, really smart. Since the story is the main focus, this is forgivable. It's refreshing to have a Vittoria Vetra (Ayelet Zurer) as a sidekick able to compete with Langdon's intellect. Ewan McGregor is also a considerable upgrade as villain over Paul Bettany and Ian McKellan. McGregor is able to be equal parts genuine and manipulative, adding sharp turns after plot twists. By adding depth to these characters the film would have carried more of an emotional intensity that would have rivaled the great story and action.

"Angels and Demons" proves to be entertaining. There are factual inaccuracies of the religious symbols and the Illuminati as a whole, but that shouldn't get in the way of a well-paced thriller. If "The Da Vinci Code" gave a bad impression (which it was) of Ron Howard, "Angels and Demons" proves what the director is normally capable of.

DVD REVIEW

Liverpool, the Star of "The City"

IVAN ZUNIGA
STAFF WRITER

Cinematic memoir "Of Time And The City" offers a journey filled with powerful video clips and narration, as writer and director Terence Davis recites a love letter to his hometown of Liverpool.

A red curtain reveals the film as the narrator begins to tell his story, which takes place in Liverpool, England. The movie spans the 1940s to the 60s, where you get to see the transformation it has gone through from the last time Davis was there.

Throughout the film, Davis takes the viewer through the pain and pleasure of growing up as a Roman Catholic who was poor and gay. His sexual confusion and emotions are displayed within the film as he describes the type of life he had. The deeper the story digs into his life, the better idea you have of who Davis is and why he feels a certain way about going back to Liverpool.

Davis enriches this film as his voice is heard clear and strong, and almost feels as if he was in your presence as he ferociously describes everything that is happening. The astounding figures shown throughout the film leaves the viewer stunned, with new and old images from the city helping put the story together.

As far as documentaries go, this film combines captivating imagery and music that will dazzle as you slowly sink into this "visual poem." Because it does involve a lot of detailed history and informative content, you become familiar of Davis' surroundings and have an understanding of the point he was trying to make to his audience.

Overall, the film is worth watching if you're looking forward to experiencing something new and surreal. The movie is filled with great scenery and tasteful music as it guides you through the pleasures of what Liverpool has to offer.

SCOTT MITCHELL, PHOTO EDITOR / VALLEY STAR

MUSIC HEALS - Director, Glenn Carlos, leads the LAVC College Choir during the Choral Music Department's performance Sunday.

UPCOMING RELEASES

CD

PICKS OF THE WEEK:

TORI AMOS
ABNORMALLY ATTRACTED TO SIN

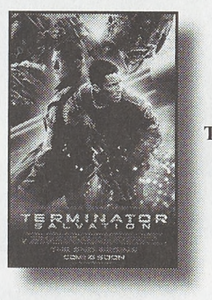
EMINEM
RELAPSE

OTHER RELEASES:

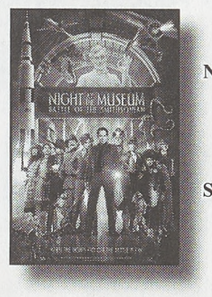
Busta Rhymes, *Back on my B.S.*
Ruben Studdard, *Love Is*
Method Man and Redman, *Blackout! 2*

FILM

PICKS OF THE WEEK:



TERMINATOR SALVATION



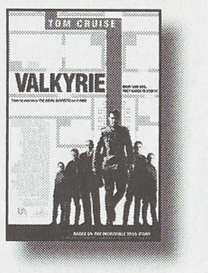
NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN

UPCOMING RELEASES:

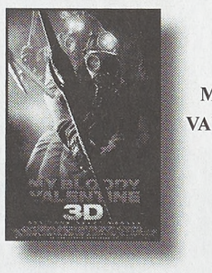
Dance Flick
The Girlfriend Experience
Easy Virtue

DVD

PICKS OF THE WEEK:



VALKYRIE



MY BLOODY VALENTINE 3-D

OTHER RELEASES:

Paul Blart: Mall Cop
Outlander
Fanboys

Concerts

PICKS OF THE WEEK:

FLIGHT OF THE CONCHORDS
THE GREEK THEATER

EMMURE
THE GLASSHOUSE

DJ QUIK
THE VENTURA THEATER

THE KILLS
THE MUSIC BOX AT THE FONDA

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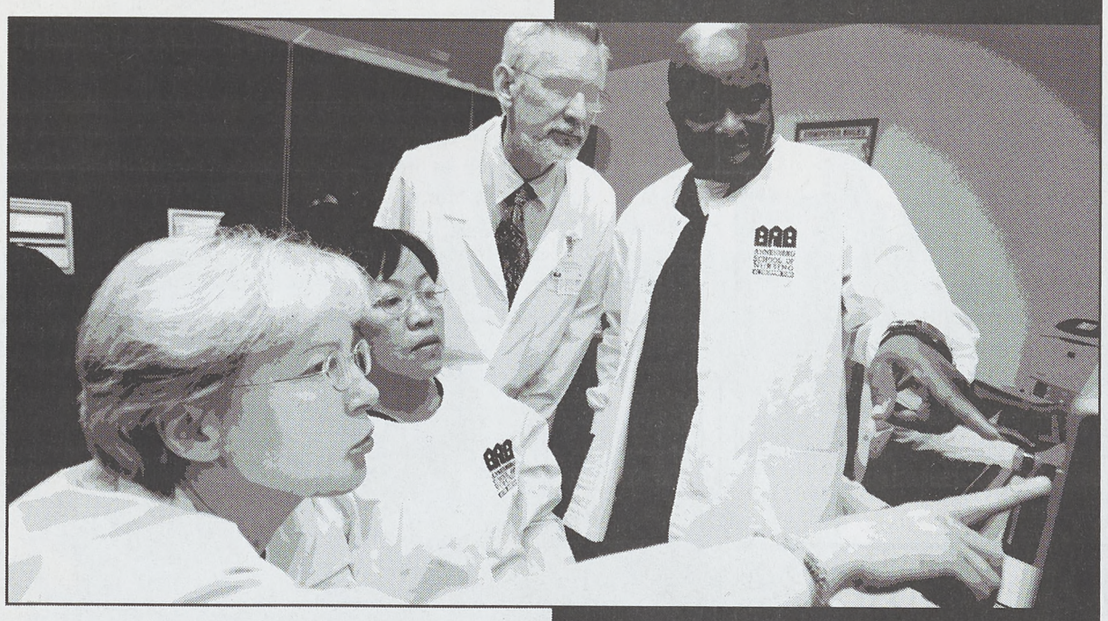

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SCOTT MITCHELL, PHOTO EDITOR / VALLEY STAR

HIGH FLYING POOL SIDE ANTICS- Polynesian members of the football team capture the attention of everyone within eyesight of the high diving board as they enjoy the water after a grueling pre season workout.

Polynesian Football Players Bringing a piece of Home, On and Off the Field

■ Taking an in depth look into the Polynesian way of life on and off the field.

LAUREN LEES
ONLINE EDITOR

With a look of fierce intensity staring into the sled, Valley College's Polynesian football players stand in the hit-hit position, waiting for the yell from the coach, before swiftly ramming an average of 200 plus pounds of muscle into the machine. By sheer physical force, they exude power and strength, whether it's on the field or clustered together roaming the campus.

Underneath the layers of muscle lie deeply strewn cultural roots. Respect, family, and unity are strong in the Samoan culture. For those who work with them, know them as the hard working, charming men with a smile. Rosemary Smith, administrative assistant for Student Services has worked with several of the Samoans, appreciating their presence in her office and around campus.

"They are extremely loyal, extremely ethical, and being respectful to people in authority is their number one priority," she said. "And always have a smile."

Valley has ten Polynesian football players who mainly dominate the defense. Some come here when they're a young, while others come from American Samoa. Most of them live together under the same roof with Sealecu Cu'upo, the uncle of Defensive Tackle Ino Vitale and Neemia Vitale. Together, they come to valley, take classes, work, practice, and go home.

"It's a cultural thing, we always stick together," said Ino Vitale. "We're used to it ... we do everything together."

For the past six years Assistant Football Coach Leon Criner has been recruiting from the American Samoa islands for Valley. He uses telephone, fax, and email to offer the gifts of pigskin, education, and the mainland. He's attracted to their home grown Polynesian size.

"They're unique," he said. "They have big skeletal structures, and they're quick, which are two qualities that we look for in football."

Criner has been recruiting for the past 15 years, and in his time he's seen three of his finds make it to the pros such, as Issac Sopoaga, defensive tackle for the San Fransisco 49ers, Lofa Tatupu linebacker for the Seattle Seahawks, and Jonathon Fanene defensive end for the Cincinnati Bengals. It's players like Sopoaga that motivate Monarch defensive tackle Jacob Laumoli on the field.

"He inspires me a lot, I want to be like him," he said. "He has the same Samoa attitude, he's rough he's tough, that's why I like him. He's the baddest person on the field; he screams a lot, he plays with intensity."

Some like Laumoli, along with Neemia Vitale, Wayne Samalaou, Reggie Nifo, and Kasimili Vitalia made the trip over from American Samoa last summer to play football. Their home is a cluster of six Polynesian islands located fourteen degrees below the equator in the South Pacific, not far from New Zealand. They play the game out of love and a desire to make something for themselves.

"Football is a way out from the island. I'm trying to do something good with my life," said Wayne Samalaou, safety and linebacker for the Monarchs. "I'm trying to make my family proud, I'm trying to represent my people."

The trip over came with the traditional difficulties of becoming accustomed to a new land. In comparison to the island life, even minute things can be drastic for anyone new to town. Inside linebacker, Reggie Nifo, recalls his experience when he flew over last summer.

"The first thing came up to mind when we got here was the weather, when we got here it was June 29 [2008], it was pretty hot especially in the Valley," said Nifo. "Second thing is trying to fit in to seeing different races of people. Back at home you only see our kind, not much of those different races."

Coming from a total population that maxes out at 65,000 according to CIA: The World Factbook, back home would mean chores and helping out with their families. Plantations are common, where after school they would work on the farm producing fruits like taro and bananas.

"In L.A. it is way different, out here people are pretty much stressed out about paying rent money and buying food and stuff like that, but back at the island you don't even worry about that," said Nifo.

Another Samoan staple is the tradition of music and dance. Anyone who attended their fall games saw the team engaged in a dance, known as the war dance, before the game.

"If you saw any of our games last year we allowed them to do a pre-game war dance," said Criner. "It's was just kind of a spiritual thing, just to get the kids motivated a little bit, and it was a fun thing. The crowd was having fun watching it."

SAMUEL OKSNER / VALLEY STAR

ISLAND SPIRIT- Easy going and fun, these guys are hard to miss.

Transferring Proves Rigorous for Student Athletes

LUCAS THOMPSON
STAFF WRITERS

Keeping student-athletes eligible has and always will be a struggle for administrators in colleges of every level. The demanding pace, requirements and grueling practice schedules prove to be not only challenging, but also a concern.

"You can lead a horse to water," current Athletic Director Chuck Ferrero says of the cliché, as student athletes have to want to succeed.

The problem of ineligibility is across the board in sports and at every college, according to Ferrero. In recent years the Valley College football team suffered 12 ineligible players, 10 of which were starters. The 24 unit 2.0 minimum, which plague Valley's teams and athletic scholarships alike, are not only drawing more attention for repair, but have also become more difficult for athletes to meet.

"A lot of people don't understand how rigorous the transfer process is for the student athlete," said Ferrero. "We are the only ones bound by very strict eligibility rules...they don't tell the choir people or any other students they can't be eligible for activities without 24 units."

Student athletes participating in any on-campus athletics must maintain a grade point average of 2.0 between seasons while maintaining 12 units applicable to their degree each semester. If a student athlete should so happen to fall under the 12-unit minimum they are immediately ineligible to play in games.

"Yeah it's hard," Valley quarterback Bret Visciglia says about keeping up with the work load. "You have to know what your goals are...I want to be a division one football player... (and) you have to buy into the system, that means going to class and going to practice."

Furthermore, each athlete must abide by the 40-60-80 rule, which states that each athlete by their second year must have 40 percent of their degree requirements met followed by 60 percent their third year and 80 percent in their fourth year. The rule was passed in 2004 and has increased the prior 12 units 2.0 standard per year to 24 units per year. This means athletes graduating from high school have little or no time for remedial courses, supposing an athlete is unprepared for college level courses.

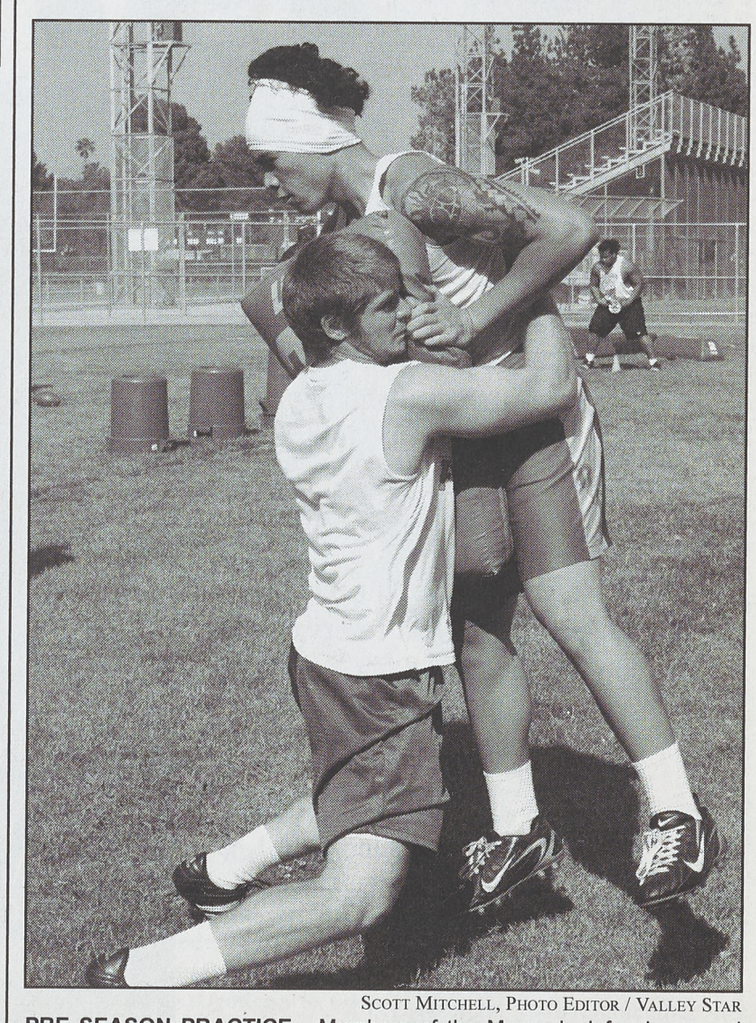
"It's really important for students to understand what's expected of them," newly appointed Athletic Director Diedra Stark says. "It's our goal to keep them on track."

Although the battle of eligibility will continue for student-athletes, coaches and administrators, only three athletes were ineligible in the past year, according to the athletic department.

Future plans are in the early stages of discussion between junior colleges and the NCAA to allow for college remediation without starting an athlete's time clock (the four years of eligible time athletes have to play college sports).

Counselors and a separate study hall have been put into place to ensure each student athlete has the required classes and allotted time to keep up with studying and any assignments. The key, Ferrero explains, is to make sure the student athletes take advantage of the tools. "It's always a struggle... (but) I think it can be done successfully," said Ferrero. "All the support is there for them...you (just) have to put the right kind of emphasis on it."

TRAINING DAY



SCOTT MITCHELL, PHOTO EDITOR / VALLEY STAR

PRE SEASON PRACTICE - Members of the Monarch defensive squad practice tackling drills as they get in shape for the upcoming season .

OPINION

A Numbers Game

■Suspended Dodger, Manny Ramirez has more than just his salary on his mind.

JOE LAFLEUR
OPINION EDITOR

Dodgers' fans had one number on their minds before the start of the 2009 Major League Baseball season – 99, that of their beloved left-fielder Manny Ramirez. However, after the recent release of number 99's medical records, there are bigger numbers that weigh heavy on the fans of these boys of summer.

Fifty is the first number that has Dodgers' fans looking at their calendars and penciling "He's baaaack… again," for the July 3 away game against the San Diego Padres. This number is the amount of games the 12-time All-Star has been suspended for violating MLB's drug policy.

The inquiry that led to the $45-million outfielder's suspension began during spring training, when a urine sample test showed elevated levels of testosterone in his system. Every individual naturally produces testosterone as well as epitestosterone, usually at a rate of 1-1. The MLB's drug policy states that if the ratio is found to be at 4-1 during testing, a player is flagged. Ramirez's ratio came in between 4-1 and 10-1, according to an unnamed source by ESPN.com. This suggested Ramirez was ingesting synthetic testosterone (steroids), which caused Major League Baseball to request the outfielder's personal medical records from any and all physicians he had seen. In these records, it was documented that Ramirez had been prescribed Human Chorionic Gonadotropin (HCG).

This leads us to the next number that you won't see Ramirez wearing on his back any time soon – 55, the number where HCG appears on MLB's list of banned substances. This drug is used mainly for female fertility issues; however, among male steroid users this drug is a way to kick start the body's production of natural testosterone, which is slowed during a cycle of steroid use.

While Ramirez did not test positive for HCG, the fact that he had been prescribed the drug was conclusive evidence showing that he had been taking steroids. According to doping experts, the HCG could not have caused the elevated level of synthetic testosterone in Ramirez's body. Therefore, Ramirez had two banned substances to account for, one of which was a documented prescription.

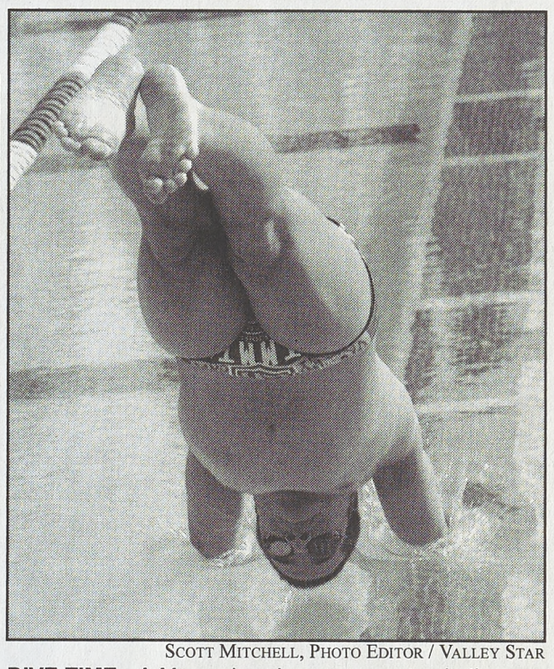
The largest number on the list is $7.65 million - the amount this suspension will cost the $25-million-per-year man who held out and consistently denied offers until he received the contract he saw fit for a juicer of his caliber. More importantly than himself, although he may not think so, it will cost his teammates his .348 batting average, six home runs and 20 runs batted in thus far this season.

For anyone who knows the game of baseball, we know that it's a numbers game. When Ramirez was signed this off-season after drawn out negotiations, the last numbers that Dodgers' fans, players and management expected him to put up were 50, 55, and 7.65. It is known that Ramirez would not be in the situation he is in had he never been caught and it is likely he would still be doing the same things. So, while he has since apologized to his teammates for his actions, he really only apologized for getting caught.

The End of The Road For Many Teams

SCOTT MITCHELL, PHOTO EDITOR / VALLEY STAR

LOOKING FORWARD TO NEXT SEASON - Monarch assistant coach, Robert Ninfo, taking in the sights and sounds of Pike Field as the team gathers in left field for a pre game huddle.



SCOTT MITCHELL, PHOTO EDITOR / VALLEY STAR

DIVE TIME - A Monarch swimmer competes in the new pool for the first time during valley's only home meet.

From Valley College to Yankee Stadium

■ Former Valley student, Paul Olden, is the new Public Address announcer at Yankee Stadium.

ROBERT R. KING
STAFF WRITER

Paul Olden has touched sports history throughout his career. He broadcast games with legends like Harry Caray and Hank Stram, worked with teams including the St. Louis Rams and New Jersey Nets, and had the honor of broadcasting Wade Boggs's 3,000th hit in Tampa Bay. In 2004 Olden, who was growing weary from his travels, decided to leave his position with the Tampa Rays and moved back to Southern California from Florida.

During his hiatus, Olden returned to school at 53 to try his hand at photography. He chose Valley College because it was close to his Burbank home and eventually used his experience from Valley's newspaper as a freelance photographer around Southern California. In January he received a call from the New York Yankees.

"They called and asked me if I would be interested in auditioning for the Public Address position at the new Yankee Stadium," said Olden, who spent 12 years as PA announcer for the Super Bowl. "They flew me in for the audition and liked it and hired me."

The position was available because New York legend Bob Sheppard, the Yankees PA announcer since 1951, has been battling health issues. Olden's latest brush with baseball history as Sheppard's replacement was an exhibition game in April against the Chicago Cubs.

Olden said his path to becoming an on-air talent took an incredible level of determination and sacrifice noting that the hours were long and rest was at a premium.

"I worked seven days a week for a long time," said Olden. "It got to a point that my girlfriends would be ushers at Dodger Stadium and the Forum. It was easier that way. I'd show up to work and they'd be there and after the games we'd go out. I needed a break from broadcasting. I was draining."

Olden got his first taste of history in 1978 as a tall, young reporter with a deep, almost raspy voice. Olden asked Tommy Lasorda a question that sent the venerable former Dodger's manager on his famous Dave Kingman tirade. He was lead to that situation by a childhood dream to be a sports broadcaster.

"I started listening when I was 15 to learn how to do play-by-play," he said. "After I realized I wasn't going to be a very good player myself, I would listen to Dodgers games, Angels games, and Lakers games, especially Chick Hearn."

His determination brought him to where he is now and for the first few months of his tenure with the Yankees, Olden flew back and forth from his home in L.A. to New York for games. However, he has now found a home on the east coast and just before leaving Los Angeles to move to Brooklyn, he gave Valley students a parting piece of advice.

"Students just need to know to be prepared," he said. "See what others have done and try to be a little different. We're all in a box of what's possible but within that square there's room to be unique but still within the boundaries of good taste and what's acceptable. That's what I always tried to imitate as a kid."

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"Let It Roll" Spring Dance Concert 2009 Delivers...Big!

SCOTT MITCHELL, PHOTO EDITOR / VALLEY STAR

"BRAINSTORM" - Choreographed by Angelina Schneider, former Los Angeles Valley College student and recent graduate from California State Long Beach. This stylish and colorful number set the tone for an exciting evening.

SCOTT MITCHELL
PHOTO EDITOR

The Valley College dance production class delivered two exciting performances to standing room only audiences in the Main Theater Friday and Saturday. The annual spring dance concert featured the efforts and contributions of 75 students ranging in age from 17 to 70.

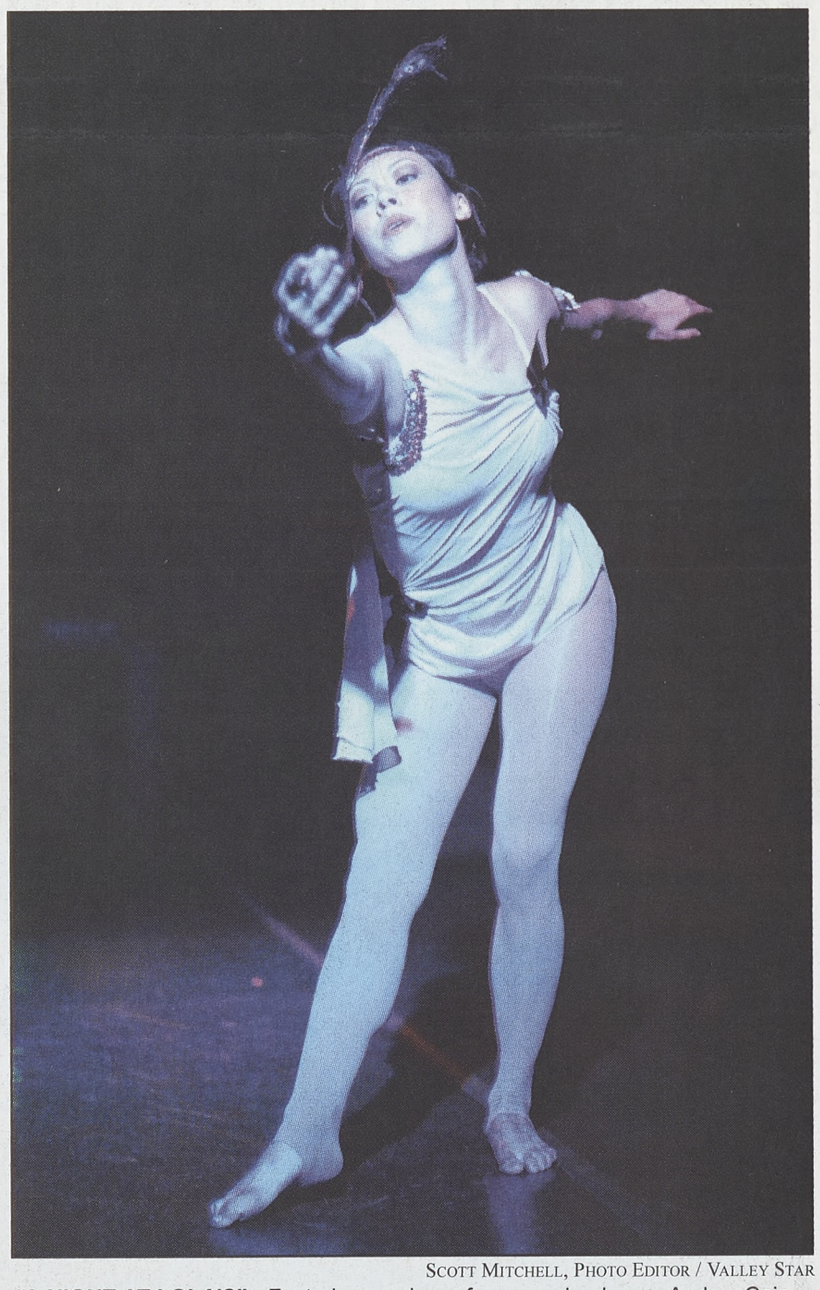
"We have some wonderful talent in the dance program at Los Angeles Valley College," said Geordie Wright, head of the dance program. "It was an amazing and diverse population of students who came together and poured their heart and creative spirits into making the production a success,"

The dance production class has been under the direction of Wright since 2002. Each year students must audition to be in the class and several are chosen to be choreographers. Most of the choreography is done by faculty and invited guest artists.

"The concert is a wonderful opportunity for students to experience the process of production and performance," said Wright. "While many students love hip hop and commercial dance forms, it is our goal to include other more classical and artistic forms so that students have a sense of the breadth and depth of the art form."

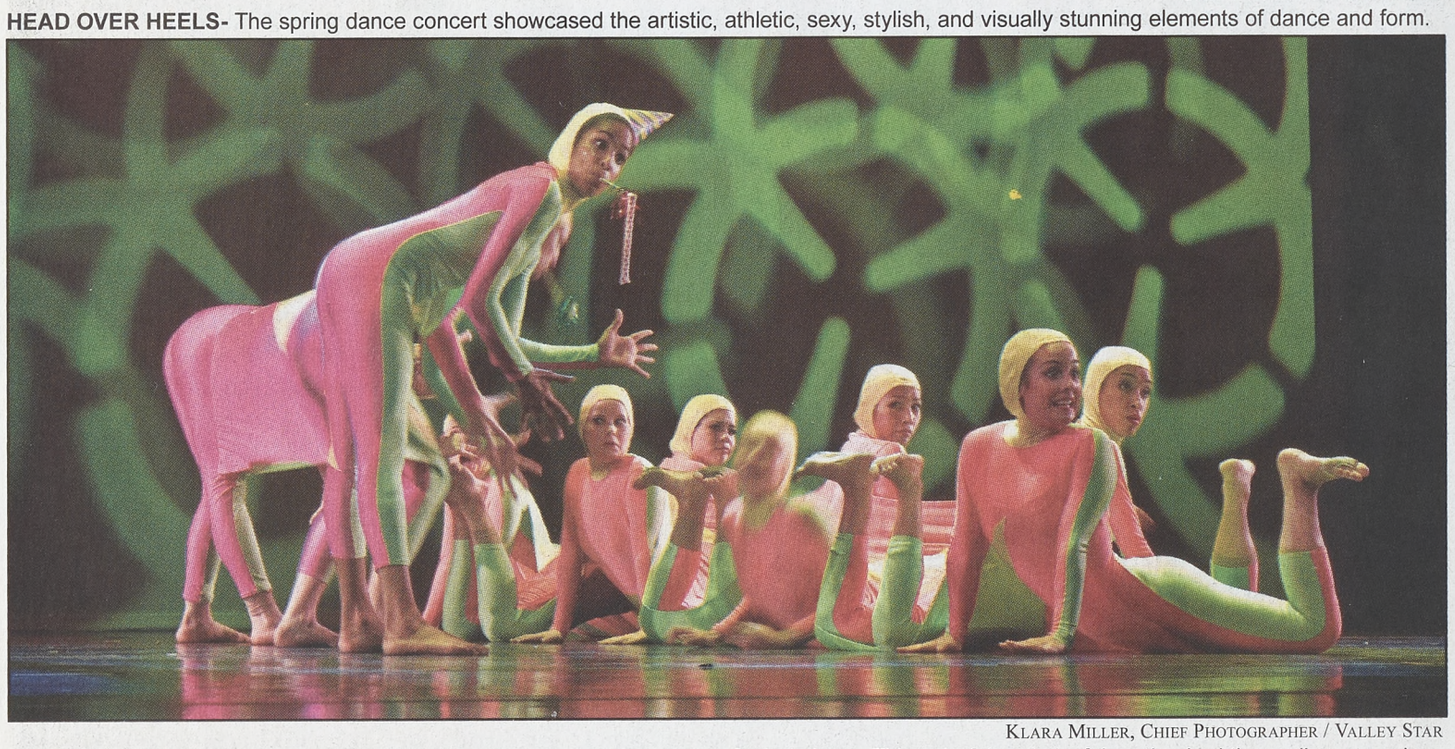
GRETTEL CORTES / VALLEY STAR

HEAD OVER HEELS- The spring dance concert showcased the artistic, athletic, sexy, stylish, and visually stunning elements of dance and form.



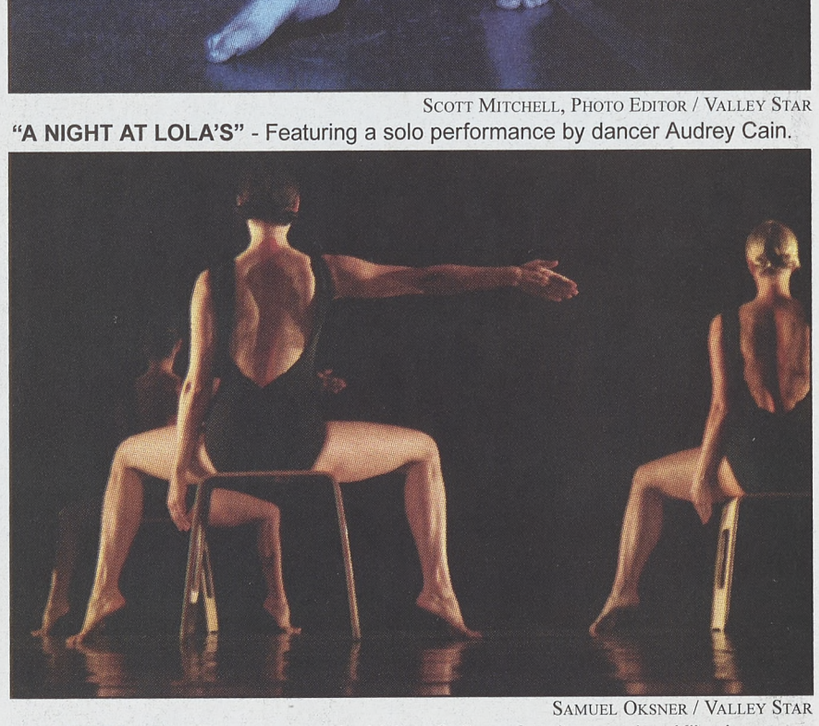
SCOTT MITCHELL, PHOTO EDITOR / VALLEY STAR

"A NIGHT AT LOLA'S" - Featuring a solo performance by dancer Audrey Cain.



KLARA MILLER, CHIEF PHOTOGRAPHER / VALLEY STAR

"PARTY ANIMALS" - Choreographed by Valley College faculty member Carla Lubow. This colorful and playful routine had the audience roaring.



SAMUEL OKSNER / VALLEY STAR

"VERTEBRAE" - Choreography by Valley College faculty member Kiha Lee.